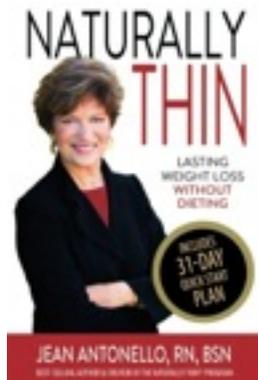


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## NEW SEQUEL to Bestselling Book Shares Latest Information about How to Achieve Lasting Weight Loss without Dieting



### Original Bestseller Sold Over 250,000 Copies and 'Naturally Thin' Books Have Been Featured in Oprah Magazine & Reader's Digest

(MINNEAPOLIS, MINNESOTA, August 23, 2017)– '**Naturally Thin: Lasting Weight Loss without Dieting**' shares the latest information about permanent weight loss using an approach based upon the biological principles of adaptation, which is the core of the nursing curriculum at the University of Minnesota. For the past three decades, individuals from all over the world have successfully applied the Naturally Thin® approach to achieve lasting weight loss and recovery from weight problems, eating disorders, and disturbed eating patterns. In this sequel to the groundbreaking INTERNATIONAL BESTSELLER '**How to Become Naturally Thin by Eating More**' you will learn:

- Why diets backfire 95% of the time
- A body-centered approach to hunger/fullness signals
- The only true appetite suppressant
- How going hungry sets you up to overeat later
- How dieting actually sets you up to gain weight
- The first step you must take to become NATURALLY THIN
- How to stop your cravings for refined carbs and sugar
- Why you can't lose weight and keep it off
- How to stimulate your metabolic rate by eating more

ABOUT THE AUTHOR—Obesity and eating disorders specialist Jean Antonello was trapped in the yo-yo diet cycle for seventeen years before she discovered a startling fact: She was fighting a war against her body she could not win. Desperate to find lasting weight loss, she turned to her nursing education for a solution. The fundamentals she learned there helped her see dieting from a new perspective—as a threat to her survival. Armed with these new insights, Jean began to cooperate with her body instead of battling it, and finally lost weight for good. Knowing countless others had tried and failed as she had, Jean embarked on a mission to share her discoveries with frustrated dieters everywhere. She has been coaching and writing about her Naturally Thin® principles since 1990, with three books on the subject: **How to Become Naturally Thin by Eating More**, **Breaking Out of Food Jail** and **Naturally Thin Kids**.

**Naturally Thin: Lasting Weight Loss without Dieting** is a compilation of the author's groundbreaking work, written to reach even more people with this liberating information.

**FOR MORE INFORMATION**– Visit the website [www.naturallythinbooks.com](http://www.naturallythinbooks.com)

- Book: **Naturally Thin: Lasting Weight Loss without Dieting**
- Author: Jean Antonello, RN, BSN
- Paperback: 266 pages
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